

Achilles Tendon and Plantar Fascia Stretches

Stretching should be performed 2-3 times per day.

Hold stretches for 30 seconds each side and then alternate sides, then repeat.

The muscles are most receptive to stretch after periods of exercise.

Achilles:

Since the Achilles tendon crosses the back of the knee, the knee should be extended during stretches.

Allow the foot and heel to "tip" inward during the stretch to better isolate the Achilles.

Use a therapy band or towel to passively stretch without using the muscles around the ankle.

Pull your body toward the foot while grasping the towel to also stretch the Hamstrings.



Plantar Fascia:

Cross the affected leg over the other while seated.

Use the hand of the affected side to perform the stretch.

"Palm" the toes and bend both the toes and ankle upward to perform the stretch.

Use the opposite hand and feel that the fascia becomes tight like a guitar string.

